

# 1st Kyu (Ikkyu) Test

Brown Belt

A 1st kyu student has learned to attack and defend with both confidence and control, and exhibits maximum power delivery and mastery of the basic techniques.

## Key Performance Points:

Knows how to control an opponent

## Kata

Required:

*Bassai Dai*

One of the following:

*Empi*

*Tekki Sandan*

*Hangetsu*

*Jion*

*Jutte*

*Gankaku*

*Sochin*

Instructor's choice:

One *Heian* kata

## Basics

1. **4 times moving forward**
  - a. *jōdan oi zuki*  
Step into a lunge punch to the head (front stance), 60% energy
  - b. *gyaku zuki*  
Reverse punch, 30% energy
  - c. *oi zuki*  
Lunge punch, 100% energy
2. **4 times moving backward**
  - a. *age uke*  
Step back into a rising block (front stance)
  - b. *mae ashi geri*  
Front snap kick with the front foot to the stomach, land in front stance
  - c. *gyaku zuki*  
Reverse punch (front stance)
3. **4 times moving forward**
  - a. *ude uke*  
Step into an outside block (front stance)
  - b. *hiji ate*  
Move the front foot into a horse stance and execute an elbow strike
  - c. *uraken uchi*  
Backfist strike
  - d. *gyaku zuki*  
Move the front foot into a front stance and execute a reverse punch
4. **4 times moving backward**
  - a. *uchi uke*  
Step back into an inside block (front stance)
  - b. *mae ashi geri / kizami zuki*  
Simultaneously execute a front snap kick with the front foot and a jab, land in front stance
  - c. *gyaku zuki*  
Reverse punch (front stance)
5. **5 times moving forward, then turn around**
  - a. *shutō uke*  
Step into a knife-hand block (back stance)
  - b. *mae ashi geri*  
Front snap kick with the front foot to the stomach, land in front stance
  - c. *nukite*  
Reverse spear hand strike to the stomach without stepping
6. **5 times moving forward, then turn around**
  - a. *yoko geri kekomi*  
Side thrust kick with the back foot, land in front stance
  - b. *gyaku zuki*  
Reverse punch (front stance)
7. **5 times moving forward, then turn around**

- a. *mae ashi geri*  
Front snap kick with the front foot to the stomach, land in front stance
- b. *jōdan mae geri*  
Front snap kick with the back foot to the head, land in front stance
8. **5 times moving forward, then turn around**
  - a. *mae ashi mawashi geri*  
Roundhouse kick with the front foot to the stomach, land in front stance
  - b. *jōdan mawashi geri*  
Roundhouse kick with the back foot to the head, land in front stance
9. **3 times moving sideways, then turn around, then repeat**
  - a. *yoko geri keage*  
Side snap kick, land in horse stance
10. **3 times moving sideways, then turn around, then repeat**
  - a. *yoko geri kekomi*  
Side thrust kick, land in horse stance
11. **3 times moving sideways, then turn around, then repeat**
  - a. *yoko geri keage, yoko geri kekomi*  
Side snap kick, land in horse stance, side thrust kick, land in horse stance
12. **5 times moving forward, then turn around**
  - a. *mae ashi yoko geri kekomi*  
Side thrust kick with the front foot to the stomach, land in front stance
  - b. *mawashi geri*  
Roundhouse kick with the back foot to the stomach, land in front stance
  - c. *gyaku zuki*  
Reverse punch (front stance)
13. **5 times moving forward, then turn around**
  - a. *mae ashi mawashi geri*  
Roundhouse kick with the front foot to the stomach, do not touch down
  - b. *mae ashi yoko geri kekomi*  
Side thrust kick with the same foot to the stomach, land in front stance
  - c. *oi zuki*  
Step into a lunge punch (front stance)
14. **4 times in place**
  - a. *mae geri*  
Front snap kick to the front toward the stomach, do not touch down
  - b. *yoko geri keage*  
Side snap kick to the side toward the stomach, do not touch down
  - c. *yoko geri kekomi*  
Side thrust kick to the side toward the stomach, do not touch down
  - d. *mawashi geri*  
Roundhouse kick to the front toward the stomach, touch down
15. **20 times in place per side, in 2 dimensions**
  - a. *gyaku zuki*  
Reverse punch from a stationary position to a target that varies vertically and horizontally (front stance)

## Kumite

1. **sambon kumite**  
Three-step sparring (front stance)
  - a. *jōdan oi zuki / age uke*  
Alternate attacking with a lunge punch to the head and receiving with a rising block
  - b. *oi zuki / ude uke*  
Alternate attacking with a lunge punch and receiving with an outside block
  - c. *mae geri / gedan barai*  
Alternate attacking with a front snap kick and receiving with a downward block
2. **ippon kumite**  
One-step sparring (front stance)
  - a. *jōdan oi zuki / age uke*  
Alternate attacking with a lunge punch to the head and receiving with a rising block
  - b. *oi zuki / ude uke*  
Alternate attacking with a lunge punch and receiving with an outside block
  - c. *mae geri / gedan barai*  
Alternate attacking with a front snap kick and receiving with a downward block
3. **go no sen**  
After-the-before movement and timing (fighting position)
  - a. *age uke / gyaku zuki*  
Defend against a lunge punch to the head and counter with a reverse punch
  - b. *ude uke / gyaku zuki*  
Defend against a lunge punch to the stomach and counter with a reverse punch
  - c. *gedan barai / gyaku zuki*  
Defend against a front snap kick and counter with a reverse punch
4. **sen no sen**

Before-the-before movement and timing (fighting position)

- a. *gyaku zuki*  
Defend against a supposed attack with a reverse punch attack
  - b. *mae geri*  
Defend against a supposed attack with a front snap kick attack
5. ***jiyū ippon kumite***  
One-step (semi) free sparring (fighting position)
- a. *chūdan / jōdan oi zuki*  
Attack with and defend against a stepping lunge punch to the head and stomach
  - b. *mae geri*  
Attack with and defend against a stepping front snap kick
  - c. *mawashi geri*  
Attack with and defend against a stepping roundhouse kick
  - d. *yoko geri kekomi*  
Attack with and defend against a stepping side thrust kick